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**CLAIMS**

What is claimed is:

1. A method of fortifying a single serving prepared beverage having minimal nutritional value with one or more nutritional supplements, comprising the steps of:
  - 5           providing a supplement base;
  - combining nutritional supplements into the supplement base to form a nutritional composition;
  - packaging the nutritional composition into a single serving dispenser;
  - combining the nutritional composition from the single serving dispenser with the
  - 10       single serving beverage having minimal nutritional value for personal consumption.
2. A method as in claim 1, wherein the step of combining the nutritional composition with the single serving beverage further comprises the step of combining the nutritional composition with the single serving beverage at a point of purchase of the single serving
- 15       beverage.
3. A method as in claim 1, further comprising the step of including creamer ingredients with the supplement base to form a nutritional composition.
- 20   4. A method as in claim 3, further comprising the step of including health promoting creamer ingredients with the supplement base to form a nutritional composition.
5. A method as in claim 3, further comprising the step of including non-dairy creamer ingredients with the nutritional base to form a nutritional composition.
- 25   6. A method as in claim 3, further comprising the step of including dairy based creamer ingredients with the supplement base to form a nutritional composition.
7. A method as in claim 1, further comprising the step of providing a supplement base that is
- 30       selected from group consisting of liquid, powder or solid.

8. A composition for adding nutritional supplements to a beverage with minimal nutritional value, comprising:

a supplement base;

a nutritional supplement; and

a beverage with minimal nutritional value, wherein the beverage with minimal nutritional value is configured for personal consumption.

9. A composition as in claim 8, wherein the beverage with minimal nutritional value is selected from the group consisting of coffee, tea and soda.

10. A composition as in claim 8, further comprising creamer ingredients added to the supplement base.

11. A composition as in claim 8, further comprising non-dairy creamer ingredients in the supplement base.

12. A composition as in claim 8, further comprising dairy based creamer ingredients in the supplement base.

13. A composition as in claim 8, wherein the supplement base and the nutritional supplement are made from organically grown ingredients.

14. A composition for adding nutritional supplements to a beverage with minimal nutritional value, comprising:

a supplement base;

a nutritional supplement containing therapeutic agent; and

a beverage with minimal nutritional value selected from the group consisting of coffee, tea and soda, wherein the beverage with minimal nutritional value is configured for personal consumption.

15. A composition as in claim 14, further comprising creamer ingredients with the supplement base to form a nutritional composition.

16. A composition as in claim 15, further comprising health promoting creamer ingredients with the supplement base to form a nutritional composition.

5 17. A composition as in claim 15, further comprising the non-dairy creamer ingredients with the nutritional base to form a nutritional composition.

18. A composition as in claim 15, further comprising dairy based creamer ingredients with the supplement base to form a nutritional composition.